

Living Well

A Community Newsletter



October 2017 *What's Inside:*

2 Kelly Walker, MD,
Finds Calling in Rwanda

4 Local Lawyer Is Able
to Fly Fish Again

8 Expanded Surgical
Services at LHC

Local lawyer Jon Hesse is back at the river fly fishing after having extensive shoulder reconstruction surgery at Livingston HealthCare.



It's been impossible to ignore the uncertainty surrounding the healthcare sector these past months on both a state and national level.

Though no one can be certain of what the future looks like for healthcare regulations, reform and reimbursement, you *can* be sure of one thing: Livingston HealthCare remains committed to providing you and your family with outstanding, patient-centered care.

Helping you achieve optimal health so that you can embrace whatever adventures life brings your way is what inspires and motivates us. Inside this issue of *Living Well*, read how local lawyer Jon Hesse is back at the river fly fishing after undergoing extensive shoulder reconstruction surgery at Livingston HealthCare (page 4).

“Helping you achieve optimal health so that you can embrace whatever adventures life brings your way is what inspires and motivates us.”

Or turn to page 2 to learn how Livingston HealthCare physician Kelly Walker, MD—formerly a high school science teacher—chose a career in medicine after working for a non-profit in Rwanda, Africa.

Thank you for sharing your lives with us. Your story is our story.

Sincerely,

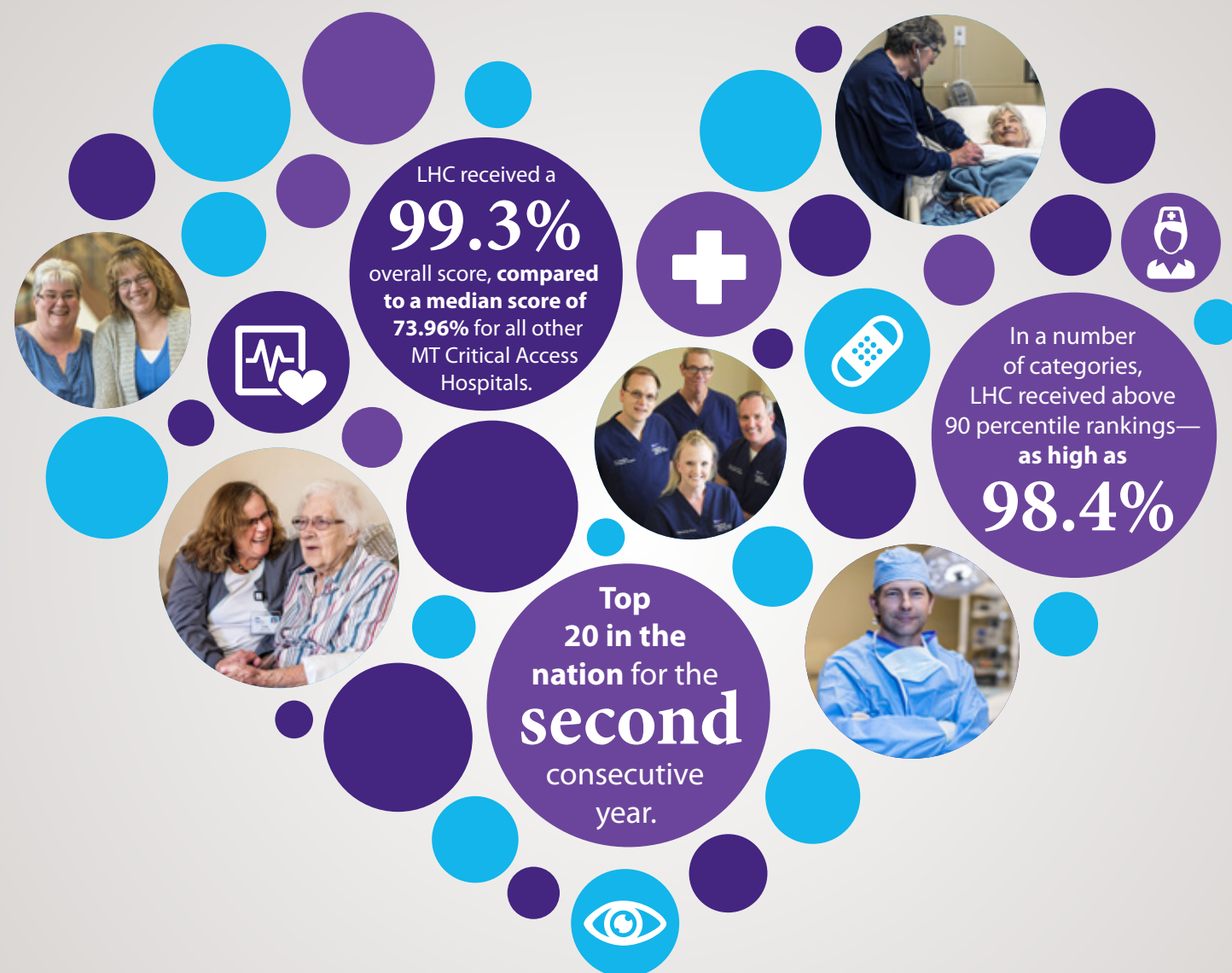


BREN LOWE
Chief Executive Officer
Livingston HealthCare



LHC Ranked One of Best Hospitals in U.S. for Second Year in a Row

Livingston HealthCare has been named in the top 20 out of over 1,300 Critical Access Hospitals in the United States by the National Rural Health Association for the second consecutive year. The designation is based on a study from a nationally-reputed health care research firm, iVantage Health Analytics. The ranking appears in the iVantage Health Analytics Hospital Strength INDEX, which is touted as the industry's most comprehensive assessment of rural hospital performance in the country.



More Than Just a Job

Livingston HealthCare physician Kelly Walker, MD, discovers her calling while working in Rwanda, Africa

His name was Damascene—a young Rwandan man smiling broadly with Dr. Kelly Walker in a photo sitting on Walker's office window sill at Livingston HealthCare, where it catches the light.

Though Damascene is 26 years old in the photograph, he only looks to be about 12. He'd been fighting HIV and cardiomyopathy for some time, and it took a stark toll on his body.

A high school science teacher by trade at the time the photo was taken, Walker met Damascene while working as an administrator in a Rwandan hospital set up by a U.S. non-profit. The basic medical care and antiretrovirals used to treat HIV—taken for granted in first world nations—simply weren't readily available in places like Rwanda.

Despite the limitations of the medical infrastructure, the non-profit, pop-up healthcare facility in Rwanda where Walker worked bought Damascene another three years of time with his family, who came to visit him often. "He basically lived at the hospital because there was no way for him to survive at home," she recalls.

Walker initially traveled to Africa to train other teachers, but she discovered that something fundamental prevented many of the country's young people from completing their educations.

"The longer I was there, the more I was struck by how much health impacted everybody's lives and even their ability to attend and graduate from high school," Walker says. "I think it made me even more certain that I needed to do a career I was passionate about and that was a calling—as opposed to just a job," Walker says.

She applied to medical school from Rwanda, "Which was no small feat," she laughs, "considering the internet connection situation."

In 2007, Walker began her studies at the University of Washington. During her residency, she had the opportunity to return to Rwanda through a family medicine program.



Kelly Walker, MD pictured with her friend, Damascene, in Rwanda, Africa in 2007.

She visited Damascene's mother and brother, and the gravesite of her departed friend—Damascene had passed away about three months after she left for medical school.

Her experience in Africa proved personally and professionally transformative, with transcendental life lessons.

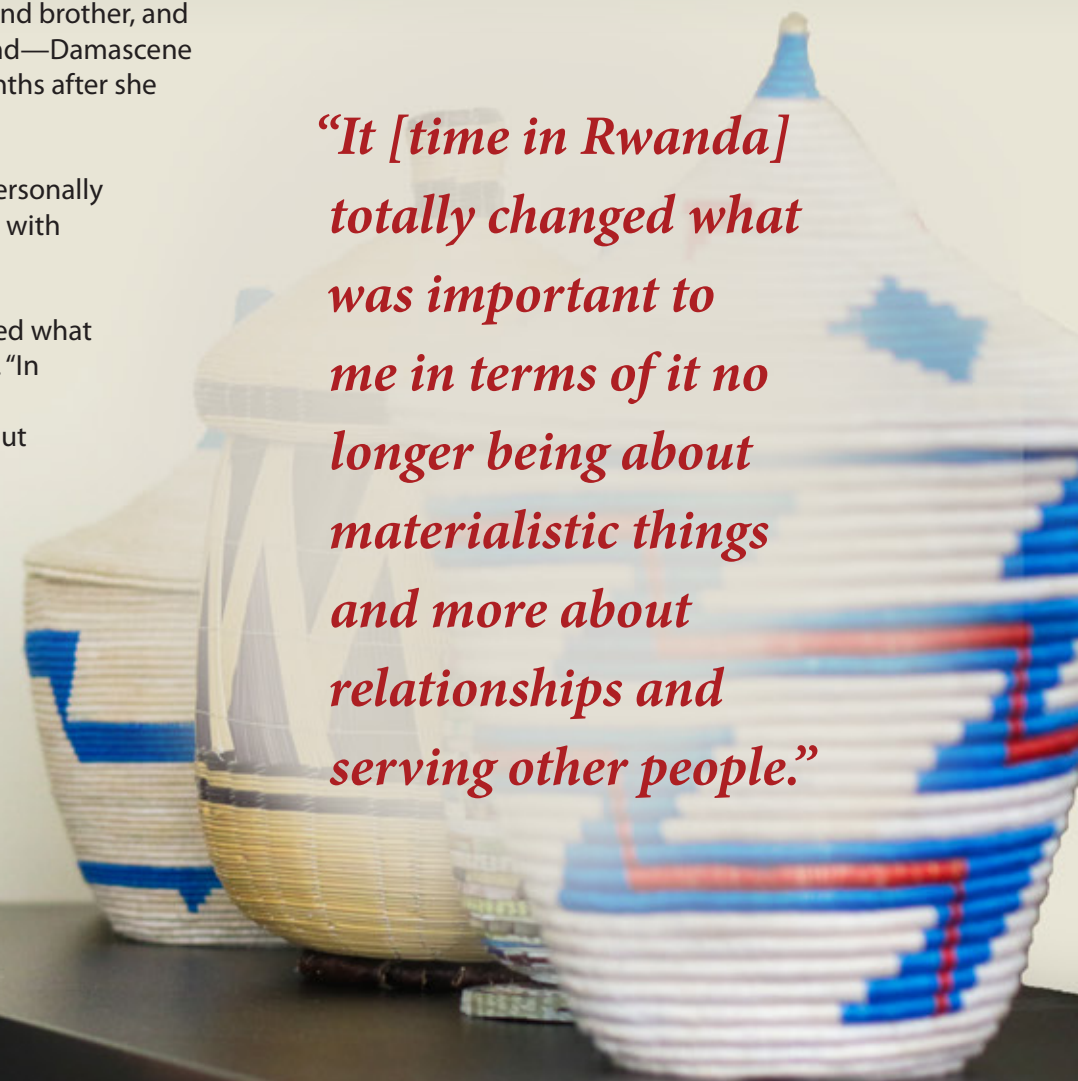
"It [time in Rwanda] totally changed what was important to me," says Walker. "In terms of it no longer being about materialistic things, and more about relationships and serving other people."

Those experiences translate into a deeply patient-centric philosophy, which she carries with her to Livingston HealthCare, where she has practiced family medicine and obstetrics since 2014.

Walker was drawn to medical practice in a rural area for a few reasons, one being the opportunity to offer the full breadth of her skills, as opposed to a more narrow specialization of practice. She also feels like she gets to know her patients better in a place like Livingston and says that, in itself, leads to better patient care.

"It's about what the patient wants and not what the doctor wants," Walker says. "Our role is to advise and recommend and explain the risks and benefits, but it's up to the patient to decide what experience they want."

"It [time in Rwanda] totally changed what was important to me in terms of it no longer being about materialistic things and more about relationships and serving other people."



Back to the River

Livingston HealthCare orthopedics team restores shoulder of local lawyer

Jon Hesse shrugs his fishing vest over his right shoulder on a Friday evening, bidding farewell to the work week from the banks of the Yellowstone River—a task so simple, yet something he couldn't have managed mere months ago.

In October 2016, Hesse underwent extensive surgery at Livingston HealthCare to reattach his bicep and rebuild his rotator cuff. He is quick to credit his new freedom of motion to the Livingston HealthCare orthopedics team. "We're lucky to have a hospital like this in our community," says Hesse. "Not many communities have a hospital of this quality."

With the aid of his crutches (he lost his leg to bone cancer at age 22), Hesse maneuvers over the guardrail of East River Road at Carter's Bridge with ease, fly rod in hand. "Over the years my shoulder has taken a lot of abuse," he says.

The 67-year-old lawyer has always led an active lifestyle, be it bicycling, kayaking, fishing or—most dear of all—skiing. After graduating from law school in San Francisco in 1984, he moved straight to Montana in pursuit of pristine powder. It was paramount both physically and spiritually that he be back outside with as much mobility as possible.

Livingston HealthCare's pair of orthopedic practitioners, Gregg Schellack, DO, and Russell Saari, PA-C, are two worldly men from rural western backgrounds. Both served in the U.S. Navy, where they cultivated their medical skills stateside and abroad.



Orthopedic surgeon Gregg Schellack, DO—pictured at Livingston HealthCare with his team members, Russ Saari, PA-C (far left), and orthopedic RN Leslie Wegner (far right).

Schellack is a Montana native. Born in Butte and raised on a ranch in Dillon, he understands the pace of Big Sky Country. He first met Saari at the Naval Hospital Lemoore in California where they helped build the largest orthopedic practice in the U.S. Navy.

"Every day we focus on doing the best we can," says Schellack. "So when we get somebody like Jon's case, it really helps us be proud of what we are able to do for people. It makes us smile and makes us happy that we've chosen this as a profession."

Saari, a native of Colorado and Idaho, brings 28 years of orthopedic experience to Livingston HealthCare from his time in the service.

Livingston proved the perfect place to settle down, as he and his wife prefer the small community atmosphere.

"Being in a place where the community can become a part of me, that is very important to me," Saari says of Livingston. "It feels like you make a difference. Your splash is bigger in a small pond. The opportunity to serve people you can become closer to is nice."

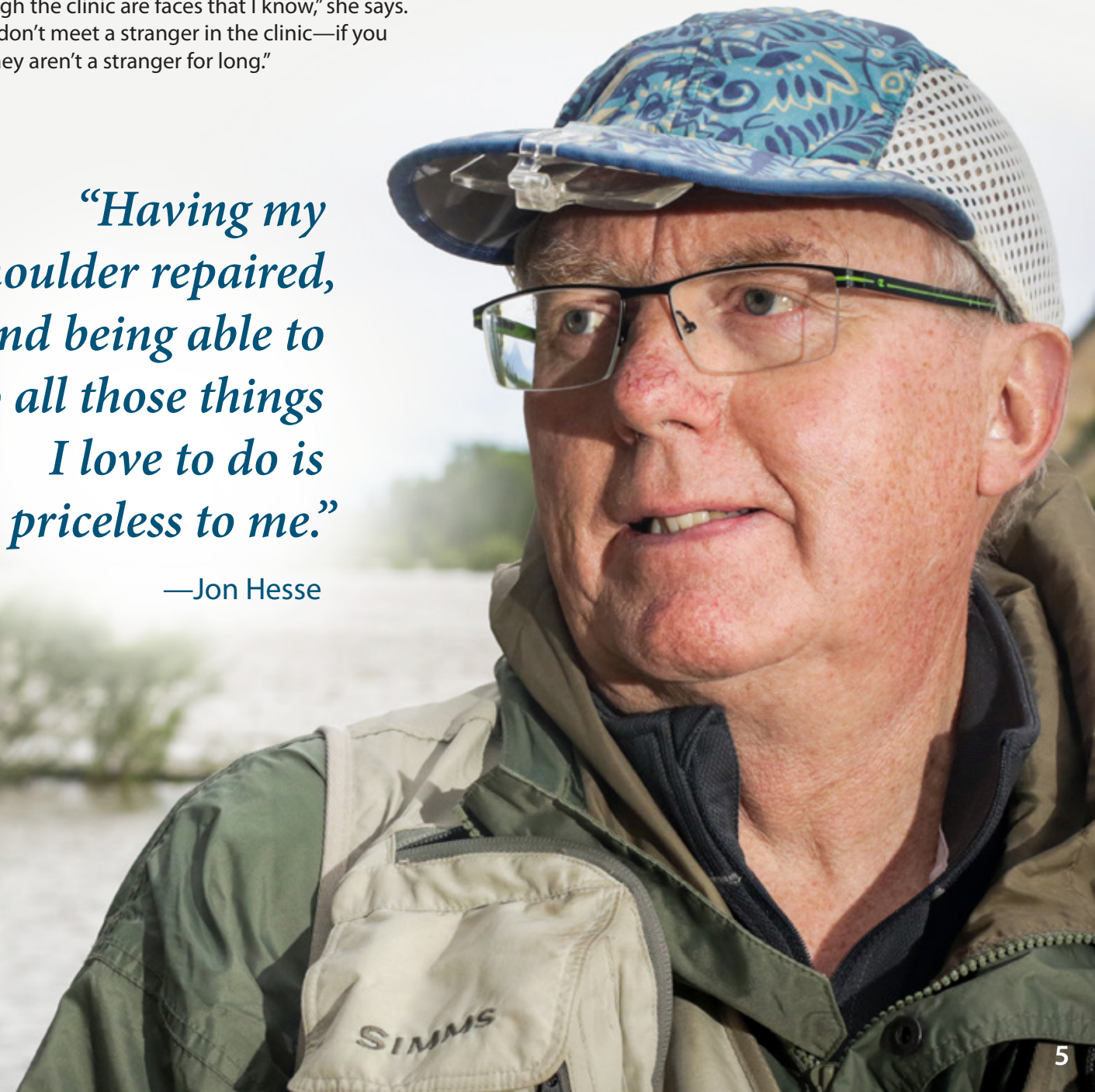
Leslie Wegner, RN is the clinic nurse for Saari and Schellack. She has called Park County home since the beginning—having grown up in Gardiner. "So many of the faces that I see come through the clinic are faces that I know," she says. "You don't meet a stranger in the clinic—if you do, they aren't a stranger for long."

Hesse is on the road to musculoskeletal rehabilitation. Six months of physical therapy awaited him after his surgery, but he's since readily met the challenge and is growing stronger everyday.

"I'm eternally grateful to Dr. Schellack's work and the staff's work to restore my ability to do sports," he says. "Having my shoulder repaired, and being able to do all those things I love to do is priceless to me."

"Having my shoulder repaired, and being able to do all those things I love to do is priceless to me."

—Jon Hesse



A Beautiful Friendship



Photo by William Campbell

Livingston HealthCare Foundation donors Debbie Erdman and Ed Bazinet's decades-long friendship is fueled by a shared passion for finding beauty in the world around them.

Debbie Erdman and Ed Bazinet haven't always known each other, but you'd never guess it as the two friends sit down for a chat on a sunny afternoon.

Both are major donors to the Livingston HealthCare Foundation. Their contributions played an integral role in the success of the New Hospital Campaign. In addition, both love fresh flowers, admire inspired artwork and enjoy well-prepared food.

Erdman has an intimate connection to Livingston HealthCare: she was an OB/GYN for 17 years at the hospital before retiring in 1999. Many community members fondly recall the birth of at least one family member under her skilled care. Upon her

retirement, Erdman and her husband, Andreas, poured themselves into their next labor of love: a greenhouse. They named their venture Deep Creek Green and began growing beautiful flowers and produce to share with the community.

It was in the '90s at Deep Creek Green where Erdman and Bazinet first crossed paths. Bazinet, founder of Department 56—a manufacturer of holiday collectibles, ornaments and giftware—has owned a piece of property in Paradise Valley since 1993. Ed reminisces, "I remember the first time I met you [Erdman], I went to Deep Creek and signed my family up for a cooking class at Thanksgiving." Adds Debbie, "This guy [Bazinet] came in who I didn't know from Adam, but he knew exactly what flowers he wanted and was

very knowledgeable about flowers, growing and greenhouses."

As the flowers and vegetables at Deep Creek Green flourished over the years, so did Debbie and Ed's friendship. At one point in time, Erdman shared with Bazinet her excitement over plans for a new hospital in the Livingston community. "I'm good at saying how much I love the hospital and how great our community has been to raise this kind of money," she says. Bazinet, in turn, made a generous donation to the project.

"When the art began to be hung [at the new medical center], Ed came for a tour; we were so pleased to have him and his sisters there. It was heartwarming for us to have a major donor like Ed enjoy our facility," Erdman says.

"It's fantastic," Bazinet says of the artwork at Livingston HealthCare. "The staff is wonderful. It's a small hospital and very personal."

He was so impressed with what he saw, he remarked, "I didn't give enough," and gave more. Remembering this, Erdman turns to Bazinet and remarks with sincerity, "Ed is one of the most generous, loving human beings I've ever known. Everybody who ends up knowing you [Ed], loves you. You're a wonderful, wonderful human being. I'm so glad you've been in my life."

The story of Bazinet and Erdman's friendship will echo its love, respect and commitment each time a patient at Livingston HealthCare gazes out the window to admire a panoramic mountain view, whenever a family member is comforted by the beautiful local artwork that surrounds them and each time a physician has the cutting-edge equipment they need to care for a patient in need. Fueled by a shared passion for finding beauty in the world around them, their friendship will be passed down as a legacy to future generations in our community.



Photographer Joanne Berghold stands near one of her black and white landscape photographs at Livingston HealthCare.

A Special Hello

For photographer Joanne Berghold, it's meaningful to know that the people she loves and cares about can pass by her photos in the hallways at Livingston HealthCare. "I'm able to say a special hello to them through my photos," she says. This ability to bring a bit of joy to someone who may be going through challenging times with their health is what led Joanne to donate six of her black and white western landscape photographs and three published books of her art to the new medical center.

Born and raised in New York City, Joanne's love affair with the West began at age eleven when she saw her first rodeo at Madison Square Garden. Three years later, her family began summer visits to the Rocky Mountains. Joanne went on to marry, have three children and graduate with a BFA in photography. She pursued her art—learning, teaching and exhibiting—while living outside New York City and visiting her western muse.

In 1989, Joanne and her husband, Billy, built a cabin at the foot of the Crazy Mountains near Wilsall—complete with its own darkroom where Joanne processes her film and prints photos. They have lived there permanently since 2008.

Joanne hopes that her black and white photographs give those who walk the halls of Livingston HealthCare a unique glimpse into the tranquility and freedom she feels when she sets out on a dirt road with her camera in hand. "Being a Type A personality, to get in my truck with my dog and my cooler of film with a day or two to wander and look is so peaceful. I thank God for my eyes and for the beauty I live in," she says.

Expanded Surgical Services



Podiatric and cataract surgery now available at Livingston HealthCare

Top Row, from Left to Right: *Bijan Andrade, DPM, and Casey Ebert, DPM, of Bozeman Foot & Ankle Clinic.*

Bottom Row, from Left to Right: *Kristy Moeller, MD; Wesley Adams, MD; Patricia Cosgrove, MD; Lisa Herrygers, MD; and Joe Sheehan, MD—all of Medical Eye Specialists.*

As part of an ongoing effort to offer the most comprehensive, convenient care for residents of Park County and surrounding areas, Livingston HealthCare now offers both podiatric and cataract surgical services at its 320 Alpenglow Lane medical center.

Podiatrists Casey Ebert, DPM, and Bijan Andrade, DPM, of Bozeman Foot & Ankle Clinic have already begun using Livingston HealthCare's operating rooms to perform surgeries to treat conditions of the foot, ankle, and related structures of the leg. In addition, five ophthalmologists from Medical Eye Specialists of Bozeman are now able to offer cataract surgery at Livingston HealthCare: Wesley

Adams, MD, Patricia Cosgrove, MD, Lisa Herrygers, MD, Kristy Moeller, MD, and Joe Sheehan, MD.

Dr. Wesley Adams of Medical Eye Specialists says, "Our surgeons are excited to be part of providing cataract surgery in Livingston. Cataract surgery has the potential to improve quality of life and function, but it can be a challenge for patients and families to make multiple trips over the pass to Bozeman. We are pleased Livingston HealthCare and its generous donors are making this surgery available closer to home for the residents of Park County and surrounding area."

Bozeman Foot & Ankle and Medical Eye Specialists share a satellite office at 422 South Main Street in Livingston. Both the podiatrists and ophthalmologists will continue to see patients for office visits at the South Main Street location, while utilizing Livingston HealthCare's two state-of-the-art operating rooms for surgical procedures. "We're just as well-equipped for surgery at Livingston HealthCare as we are in Bozeman," says Dr. Casey Ebert of Bozeman Foot & Ankle.

"We're just as well-equipped for surgery at Livingston HealthCare as we are in Bozeman."

—Dr. Casey Ebert
Bozeman Foot & Ankle Clinic

**SATURDAY
AUGUST 26**
• 4TH ANNUAL •

**LIVINGSTON
TRAILS RX**

RUN
Recap

Thanks to everyone who took part in the Fourth Annual Trails Rx Run! The 5K event—held on Saturday, August 26 at Livingston HealthCare—was our biggest race yet, with nearly 90 participants!

We are grateful for all of the runners, walkers, volunteers, and sponsors.

Thank you for supporting Livingston's trail system!

Livingston Trails Rx is a collaborative program between the City of Livingston and Livingston HealthCare designed to promote outdoor activity and trail use in Livingston. Walk, run, hike, bike, and stroll through Livingston's trail system and enjoy our beautiful town, as well as a healthy body and mind. Proceeds generated from the Trails Rx program will be used for trail development in Livingston.

WINNERS

Overall Men's:

- 1st Place: Quintin Marshall—19:45
- 2nd Place: Doug Wadle—20:26
- 3rd Place: Matt Melius—21:52

Overall Women's:

- 1st Place: Amber Beagley—25:06
- 2nd Place: Stephanie Jamrog—25:50
- 3rd Place: Jackie Art—26:00





Fall Health Festival



@ Livingston HealthCare
(320 ALPENGLow LANE)

NOVEMBER 4 | 7-11 AM

Blood Profile Screens

Flu Vaccines

Free Breakfast

Exhibitors and Activities